



Media Alert

It's All Under Control ***A Journey of Letting Go, Hanging On & Finding a Peace You Almost Forgot Was Possible***

Jennifer Dukes Lee never thought she struggled with control. After all, she was a fully surrendered follower of Christ. As long as everything went exactly the way she wanted it to, she was *totally flexible*.

But then Jennifer discovered what happens when you try to wrap your arms around everything, thinking it's all on you: You get burned out on hustle. You toss and turn more at night, and you laugh less during the day. And you're so busy—caring, serving, working, and trying so hard—that you can't even hear God's voice anymore.

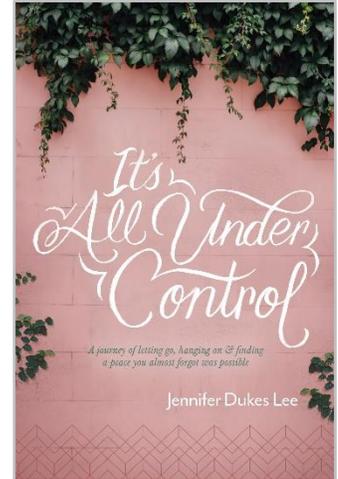
It's All Under Control is a book for every woman who is hanging on tight and trying to get each day right—yet finding that life often feels out of control and chaotic. Join Jennifer on the journey of learning how to:

- Overcome the anxieties and worries that burden your heart
- Prioritize your busy life so you can make choices that align with God's best for you
- Find freedom through a new "Do, Delegate, or Dismiss" approach to your daily tasks
- Let go of what God has *not* asked you to do, so you can shine at what he *has*

Discover a new way of living that will free you to be *you*, and finally experience the peace of knowing a God who truly has it all under control.

***It's All Under Control* is available for review, and Jennifer Dukes Lee is available for interviews to discuss:**

- **How to move from busy to best.** Women feel busier and more stressed out than ever, overwhelmed by all that's on their plates.
- **How to respond to a world that feels increasingly out of control.**
- **How to discover the secret to real surrender.** Surrendered living is not in "doing less," but in being more of who God has created you to be.
- **How to leave behind a frazzled life for a free one.** Let go of what God has *not* asked you to do, so you can shine at what he *has*.
- **How to prioritize tasks.** Take a fresh look at your life and determine what to delegate, what to dismiss, and what to do.
- **How to navigate daily hardships and disappointment.**





About the Author



Jennifer Dukes Lee is author of *The Happiness Dare* and *Love Idol*. She is a blogger, a writer for DaySpring's (in)courage, and a speaker at women's conferences across the US. Her words have been featured on numerous podcasts, radio programs, Proverbs 31 Ministries, Fox News *Opinion*, the *Des Moines Register*, and *Today's Christian Woman*. Jennifer and her husband live on the family farm in Iowa, where they raise crops, pigs, and two beautiful humans. She attends a small country church where some Sundays you'll find her spinning tunes as the church DJ. She's a big fan of dark chocolate, emojis, eighties music, bright lipstick, and Netflix binges. She wants to live in such a way that you can't help but want more of Jesus.

Interview Questions

- Why do people need to hear the message in *It's All Under Control*?
- What personal struggles in your daily life prompted you to write on this topic?
- Ironically we have more control than ever: mobile devices to track our kids' locations, our heart rates, our bank accounts. TSA agents at airports. Pain control. So if we've got it all under control, why are we so wrecked and weary?
- How do we know if we're "stuck" in a cycle of being too controlling or too busy?
- What does it mean to live "surrendered to God," and how can we begin to live that way?
- You suggest taking God off your to-do list, which seems counterintuitive. Why do you make this suggestion?
- What are some practical ways to identify what we can control and what we can't?
- How can we stop being busy and start being productive?
- How can we learn to say "no" and "I need help"?
- How do we stop going to "Google before God," trying to manage outcomes ourselves and taking matters into our own hands?
- How can we prioritize and make choices that align with God's best for our lives?

***It's All Under Control* by Jennifer Dukes Lee**

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